

# Method for Checking In & Realignment

By Adam Melvin

# Prayer & Meditation

- Prayer

- Asking for what you need?

- Meditation

- Bringing Attention to your core

- Clearing

- Grounding

- Centering

# Clearing, Grounding, Centering

- Clearing
  - Getting Clear on the Bullshit
- Grounding
  - Anchoring yourself to the truth, find a solid ground to stand on, lay hold of
- Centering
  - Bringing your attention to what you need want and desire and not what you don't want or need

# Stop hating

- You don't have to learn how to love.
- God is Love.
  - God Lives in you and you live in God.
- Love is always there.
- Just clean out your hate for yourself.



# The Power of confessing and naming

- Confessing is how we clear and get clear
  - Confession means to go in agreement with
  - When we confess we our sins we get free
- Calling it out our “sin” takes back our power from it
  - Evil is error chosen in ignorance
  - Sin is error chosen consciously to bring about good
  - Iniquity is habitual sin, when consciously choosing evil to bring about good becomes one’s conditioned nature
- The root sin is always hatred

# Part 1: Clearing

Getting clear with the bull shit.

Not focusing on the why, or getting lost in analysis but getting clear on the “What”

The What is always resistance  
Resistance is hatred manifested

Two Primary emotions :

Love or Hatred, Love expands and aligns with flow and Hate resist, contracts, and restricts flow

What in you are you hating?

## The Unpleasant negative

What is the painful emotional or life view your situation brings up that you hate?

Courage	200	Affirmation	Feasible
Pride	175	Scorn	Demanding
Anger	150	Hate	Antagonistic
Desire	125	Craving	Disappointing
Fear	100	Anxiety	Frightening
Grief	75	Regret	Tragic
Apathy	50	Despair	Hopeless
Guilt	30	Blame	Evil
Shame	20	Humiliation	Miserable

## Courage to Face the uncomfortable

What is  
correct is  
more  
important  
than what is  
feared

- At the 200 level, power first appears. Courage is the zone of exploration, accomplishment, fortitude, and determination. At the lower levels the world is seen as hopeless, sad, frightening, or frustrating, but at the level of Courage, life is seen to be exciting, challenging, and stimulating. At this level of empowerment, one is able to cope with and effectively handle the opportunities of life. Hence growth and education become attainable goals. Obstacles that defeat people whose consciousness is below 200 act as stimulants to those who have evolved into the first level of true power. People at this level put back into the world as much energy as they take; at the lower levels, populations as well as individuals drain energy from society without reciprocating.

# Hate as the root sin

- Hate is resistance and resistance is born from a lack of faith
- Lack of faith that one is Loved, Supported, Cared for, and Taken Care of, and will have what it most needs.
- We have a natural hate to negative emotions – the unpleasantness
- They are evolutionary purposeful but they are painful
- Suffering comes from resistance of the emotions or experience not the painful experience it self
- Shame/Death
- Guilt/Physical Beatdown
- Apathy/immobilization
- Grief/Painfully Stuck to the past
- Fear/Anxiety of the Future
- Desire/Craving & Wishing
- Anger/Conquering & Vengeance
- Pride/ Control & Importance

# The Hates

- **Pride: Feeling pressured/ridiculed** - hate for the threat of 'being seen as' ugly, dumb, unlovable and a failure or not being the winner
- **Anger: Rage/Vengeance** - hate for no longer having the power or control and having to rely on others or God for one's wants or needs
- **Desire: Feeling stuck or craving** - hate for not having one's way or one's preference
- **Fear: Feeling Anxiety** - hate for the uncertainty of the future or shortcomings of the past to disrupt peace and progress
- **Grief: Feeling Regret/Tragedy** - hate for the loss or absence of something from of the past no longer being able to possess or access in the present
- **Apathy: Feeling Hopeless** - hate for being a victim of the circumstances or consequences of life or living or a victim of the errors or another
- **Guilt: Feeling Blame/Condemnation** - hate for not being or not doing something related to the past to avoid or prevent something that happened
- **Shame: Feeling Miserable/Humiliated** - hate for one's own self and the way one is hard wired or Who one is just naturally is and they can't do anything about.

# Askformations

## Ask for God for what is not as if it was

- Put you ego force or mental force to work as your tool not you as its slave
- Askformations crank up the mind with a question and get it looking for what the reality of abundance that is so
- Focus on asking for the inner experience vs outer condition
  - safety and security instead of a job
  - freedom to live fully instead of a house
- *Where is all this . . . . Inside of me coming from?*
  - Draw you ego force to look inside for the inner feeling experience you desire
- *How did I become . . .*
  - Call into being what it is you most desire to embody in yourself
- *Why am I now feeling . . .*
  - What is the end goal you want to feel if you had the things you desire most?

## Shame Level 20

Clear: identity the hate? “Even though . . .”

I hate being me

I hate life

I hate being so unlovable

I hate having to give up and begin again

I hate being so depressed

Resist the Pull to  
this row

Lean in to the  
uncomfortableness of  
this row

Self-punitive	Self-forgiveness
Depression	Choose life
Judgmental	Surrender to God's Mercy
Negativity	Let go of position
Shrink, hide	Be visible
Self as worthless	Affirm gift of life
Rigid self-view	Correctable, flexible
Condemn	Forgive
Mortification	Choose self-worth
Denigrate	Honor self
Self-hatred	Self-forgiveness
Severe	Benign
Imbalanced	See both sides
Blame self	Blame ego's ignorance
Exaggerate faults	Transcend limitations
Partial selective view	Balanced overall view
Self as loser	Self as corrected
End of the road	Beginning of the new
Unlovable	Worth as child of God
Error unforgivable	Error as lesson
Narcissistic orientation	Concern for others
Serve self	Serve life

## Guilt (30)

Clear: identify the hate? “Even though . . .”

‘I hate myself for not . . .’

‘I hate so much I acted . . .’

‘I hate them so much for . . .’

‘I hate I always have to be . . .’

<b>Attraction</b>	<b>Aversion</b>
Make judgment	Surrender judgment to God
Punish self or others	Forgive self or others
Refuse mercy	Accept mercy and compassion
Justify negativity	Surrender secret pleasure
Project feelings	Take responsibility
Choose perception	Choose essence
Rigid, narrow view	Flexible, see both sides
Penance, self-indulgence	Service to others
Cling to position	Ask God for miracles
Justify	Relent, choose options
Act out	Transcend
Enjoy meanness	Enjoy being gracious to self/others
Act against self and others	Act to help self and others
Choose the negative	Choose the positive
Be ‘right’	Be wrong
Helpless, stuck	Flexible, grow
Reinforce	Transcend
Stuck in past	Live in the now
Malignant, cruel	Benign, merciful
Stingy	Benevolent
Project responsibility	Choose to be author
Vengeful	Merciful
Be small	Choose ‘bigger than that’
Grasping	Benevolent

## Apathy (50)

Clear: identity the hate? “Even though  
..”

‘I hate myself for becoming a  
victim of. .’

‘I hate being so hopeless. .’

‘I hate having to have faith. .’

‘I hate being so helpless . .’

‘I hate this has happened to me  
again even after I . . .’

‘I hate being forced to . .

<b>Attraction</b>	<b>Aversion</b>
Blame, project ‘cause’	Responsibility, own
“I can’t”	“I won’t”
See self as victim	See self as co-player
Indifference	Caring
Defeatist	Optimist
Justify, rationalize, excuse	Take action
See self as helpless	See self as able
Hopeless	Hope
Negate self-worth	Choose self-worth as gift from God
See self as weak	See self as potentially strong
Refuse solutions	Willing, accept
Self-sabotage	Self-endorsement
Indolence, sloth	Energy of action
Pessimism, cynical	Trust, faith, hope
See self as unworthy	Accept value of life
Future looks bleak	Future holds opportunity
See self as incapable	See self as willing to learn
Rigid, inflexible	Malleable, capable of growth
Passive	Active, put forth the effort
Reject help	Accept help
Self-pity	Compassion, then move on
Cling to position	Surrender positionality
Self-indulgence	Move on, ‘get over it’
Excuse	Self-honesty
Sink lower	Evolve, move up
Succumb	Resist, refuse, reject

## Grief (75)

Clear: identity the hate? “Even though ..”

‘I hate that I don’t know how to let go. .’

‘I hate knowing that I can’t do anything to change this . .’

‘I hate having to work through this pain again. .’

‘I hate no longer having . .’

‘I hate feeling so empty and void. .’

Attraction	Aversion
Cling to	Let go of
Live in past	Live in the now
Undo	Accept
Bargain with God	Accept limitation – karma
Hope to change, entreaty	Surrender
See as loss	See as opportunity to move on
Refuse, deny	Work through
Anger, resentment	Acceptance
Self-blame	Accept limitation
Feel empty	Replace with new values
Lessened	Compensate
Equate ‘other’ or ‘that’ as source of happiness	See happiness as internal
Dependent on externals	Depend on self
Resist	Transcend

## Fear (100)

Clear: identity the hate? “Even though .. “

‘I hate being threatened by the possibility . . . ‘

‘I hate that knowing I have to try to survive that again. .’

‘I hate *how* much I've wasted

‘I hate trying to not to think about the future . .’

‘ I hate I now have to rely on . . . ‘

<b>Attraction</b>	<b>Aversion</b>
Excitement of danger	Stay ‘cool’
Panic, overreact	Self-control
Dramatize	Handle calmly
Emphasize	Deflate
Gain attention, help	Self-sufficient
Survive	Trust God
Protect	Lose, loss
Control	Surrender
Emotionalism	Think clearly
Exaggerate	Minimize
Imagine	Stay logical
Project to future	Live in the now
Proliferate	Suppress imagination
See enemies	See safety
Resist, defend, avoid	Accept
Elaborate, escalate	Reduce perceptions
Harbor	Work through
Justify	View realistically
Project cause	Own responsibly
Death	See life as eternal
Focus on body	Focus on spirit
See life as physical	See spiritual as reality
Loss of youth, money, possessions	See source of happiness as intrinsic
Loss of love of others	See Self as Source
Depend on self	Trust in God, Self

## Desire (125)

Clear: identity the hate? “Even though  
.. “

‘I hate I have to now change  
everything just because . . .’

‘I hate being so weak.’

‘I so hate being seen by others as  
so plain and ordinary .’

‘I hate being so ignored . . .’

‘I hate having to go without. . . .’

‘I hate being so denied . .

Special	Common
Win, gain	Lose
Wealth	Poverty
Control	Passive
Get	Lose
Crave	Frustrated
Force	Weakness
Approval	Criticism
Success	Failure
Fame	Anonymity
Stubborn	Give in
Aggression	Submission
Resist	Change
Defend	Surrender
Acquisition	Poverty
Conquest	Lose
Popularity	Unnoticed
‘Have to have’	Prefer
Important	Ordinary
Feel ‘high’	Just normal
Exceptional	Average
Noticed	Ignored
Excitement	Boredom

## Anger (175)

Clear: identity the hate? "Even though . . .

'I hate I letting them get away with . . .

'I hate having to ignore and act like . . .'

'I hate being seen as a wimp . . .'

'I hate they think they can get away with . . .'

'I hate how they can't see how wrong they are about . . .'

'I hate having to hold all this in just because . . .

Attraction	Aversion
Act out feeling	Self-control
Intimidate	Forgive
Hold on	Let go
Punish, get even	'Go Scot free'
Self-vindication	Exoneration
Dump on others	Restraint
Excitement, 'stirred up	Stay 'cool'
Emotionalize	Think
Dramatize	Ignore
Express	Stifle
Prove self	Dismiss
Be right	Be wrong
Enlist support	Keep to oneself
Puff up	Appear weak
'Macho'	'Wimp'
Growl, show teeth	Be calm
Excitement	Peace
Snarl	Reason
Threaten	Compromise
Judgmentalism	Acceptance

# Pride

Clear: identify the hate? "Even though . .

'I hate being so humiliated by. .

'I hate feeling like such a nobody.'

'I hate being so looked down upon. .'

'I hate being seen as so unaware

'I hate being seen as such a failure. .'

'I hate not being taken as serious as . .

'I hate being seen as so dumb . .

'I hate being found as so insignificant

'I hate being found undesirable

## Attraction

## Aversion

Vain, proud

Humility, humble

Be more

Be less

Important

Nobody

Admired

Looked down on

Status

Common, ordinary

Noticed

Ignored

Special

Ordinary

Better than

The same

Superior

Inferior

Attractive,  
fashionable

Dull

Be right

Wrong

Opinionated

Silent

Thrill

Dull, pedestrian

'Insider'

Excluded

Exclusive

Common

Succeed

Fail



# Method for aligning in Love

- Bring to the Light the Error or Shadow
- Confess
  - Even Though
- Alignment in Truth
- Askformation
  - Asking affirming receiving
- Serving
  - looking to serve in truth and goodness
- I love myself –
  - space allowance acceptance  
"Corinthians " God I love
- I forgive myself-
  - releasing the resistance to the past
- I thank myself-
  - gratitude for being
- I trust honor value and respect myself
  - Marriage and love - commitment to you -  
your are safe in love song

# What was your lowest wave of pain this past week

- **0: No Pain only hope and optimism this week!! Go Me! I love it here on Earth!!**
- **1-3: Mild Pain; nagging, annoying, some minor disruption with my mental emotional wellbeing (MEW)**
- **4-6: Moderate Pain; a nagging annoyance, some concerning disruption with my MEW**
- **7-10: Severe Pain; an extremely disabling annoyance causing a major disruption to my MEW**

# Where did that low wave carry you??

## The Void

- **Lacking and Not Having what you want in life:**
  - **Craving some Satisfaction & Sweetness ?**
  - **Sobbing for Security/Success?**
  - **Praying for Peace?**
  - **Aching for Adventure?**

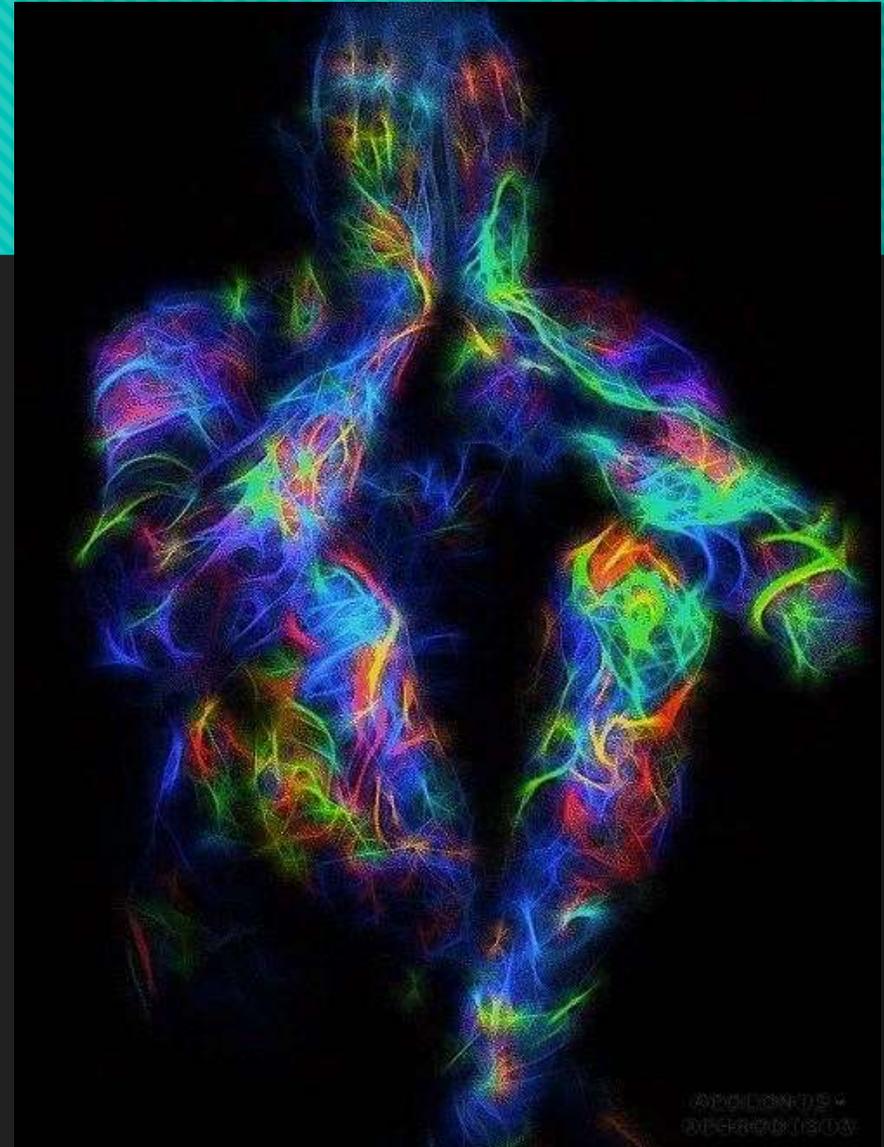
## The Blender

- **Feeling or Think of oneself as:**
  - **Ugly & A Mistake**
  - **Unlovable & Broken?**
  - **Dumb & Gullible?**
  - **Unsuccessful & a Failure**

# Break Out Rooms/Share

# PAIN DEMANDS TO BE FELT.

- Pain is the body's response to mental, emotional or physical trauma.
- The unpleasant emotions are part of human survival and serves as a catalyst for forward progression
- Suffering happens when we don't move forward through the unpleasant emotion



# The Attraction Patterns from the Emotional Wave

- Powerful patterns are associated with health, weak patterns are associated with sickness. Every thought, emotion, word & action has one pattern or the other. Every moment of our day we are either moving towards health or sickness.
- When one's consciousness falls below 200 at any given moment you start to lose power and thus grow weaker and more prone to be manipulated by one's surroundings.
- Parts of one's life will calibrate at a higher level of consciousness while other parts will calibrate at lower levels. It's the overall average that determines one's consciousness.